

THE JUNE JUMPSTART CHALLENGE



Ready to get healthier? Join Aretha Adams from the Los Angeles County Department of Mental Health's Office of the Public Guardian in the June Jumpstart Challenge.

After she faced health challenges, Adams decided to make a lifestyle change and came up with the idea of a fitness challenge in her office. Adams first started it with her twin sister and later included her family, friends and co-workers at the Office of the Public Guardian. "I didn't expect the overwhelming response that I received," she said. So far, nearly 40 people have joined in the June Jumpstart Challenge.



"It is not a diet," Adams explains. "It is simply a jumpstart to a lifestyle change where we reduce carbs, sweets and fast foods and become physically active a minimum of three times per week." She adds that it helps to make the changes with the support from family and friends.

The challenge is free but you will be asked to sign and date a contract for your participation. The challenge began on June 1 but it's not too late to join.

If you're interested in joining Aretha Adams and the rest of the June Jumpstart Challenge members, please contact her at 213-974-0440 or e-mail her at aadams@dmh.lacounty.gov.

